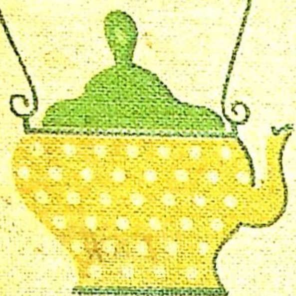
MY RECIPES



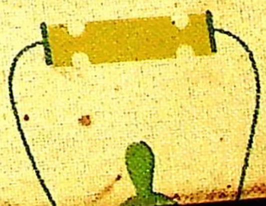










MY RECIPES

WEIGHTS and MEASURES

Dash	=	less than $\frac{1}{8}$ teaspoon
3 Teaspoons	=	1 Tablespoon
2 Tablespoons	=	1 Liquid Ounce
4 Tablespoons	=	$\frac{1}{4}$ Cup
8 Tablespoons	=	$\frac{1}{2}$ Cup
16 Tablespoons	=	1 Cup
2 Cups	=	1 Pint
2 Pints	=	1 Quart
4 Quarts	=	1 Gallon
16 Ounces	=	1 Pound
2 Cups, Liquid	=	1 Pound
2 Cups Butter	=	1 Pound
2 Cups Granulated Sugar	=	1 Pound
4 Cups Flour	=	1 Pound
$\frac{1}{4}$ Lb Print Butter	=	$\frac{1}{2}$ Cup
Chocolate, 1 sq. bitter	=	1 Ounce
Cheese, 4 cups grated	=	1 Pound
Egg Whites, 8	=	1 Cup, approx.
Egg Yolks, 16	=	1 Cup, approx.
Lemon, juice of 1	=	2 to 3 Tablespoons
Macaroni, 1 Cup raw	=	2 Cups Cooked
Rice, 1 Cup raw	=	3 to 4 Cups Cooked

CONTENTS of STANDARD CANS

Picnic - $1\frac{1}{4}$ Cups	No. 2 - $2\frac{1}{2}$ Cups
No. 300 - $1\frac{3}{4}$ Cups	No. $2\frac{1}{2}$ - $3\frac{1}{2}$ Cups
No. 1 Tall - 2 Cups	No. 3 - 4 Cups
No. 303 - 2 Cups	No. 5 - $7\frac{1}{3}$ Cups
No. 10 - 13 Cups	

ABBREVIATIONS

Tsp. - Teaspoon	Lb. - Pound
Tbsp. - Tablespoon	Sq. - Square
C. - Cup	Min. - Minute
Pt. - Pint	Hr. - Hour
Qt. - Quart	Doz. - Dozen
Oz. - Ounce	Mod. - Moderate

OVEN TEMPERATURES

250 - 300	=	Slow
325	=	Slow-Moderate
350	=	Moderate
375	=	Quick-Moderate
400	=	Moderately Hot
425 - 450	=	Hot
475 - 500	=	Very Hot

FOR OVEN-CHART SEE INSIDE BACK COVER

index to recipes

1—Write or paste recipes on the ruled sheets; then open rings and insert pages after the proper Index Sheets for quick reference.

2—For example — Put all your bread recipes on consecutive sheets — then file them following the Index Sheet reading "Bread".

3—On each Index Sheet are helpful hints to aid you in the preparation of the different kinds of food.

File Loose Recipes in envelope following each Index Tab.

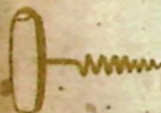
made in U. S. A.

bread

cake-pastry








bread

Different kinds of breads are made from flour mixed with a leavening agent and a liquid. Breads are sweetened and flavored in many ways and shortened or made tender by the additions of fat.

Methods of Raising

All breads are leavened or lightened by the introduction of some gas which makes the bread porous and therefore more digestible. Three gases function in this lightening of breads—steam, air, and carbon dioxide.

(1) Steam is produced in every mixture which is baked and seldom functions alone except occasionally in thin mixtures. When this is put into the hot oven the liquid is converted into steam, which expands and puffs the mixture up several times its original size.

(2) Air is introduced in three ways: by sifting flour, beating mixture, and by the addition of beaten eggs. As the mixture bakes, the air expands and raises it. Air is present in every mixture which is baked.

(3) Carbon dioxide is obtained in two ways—by means of yeast or by means of a baking powder.



Batterway Rolls

1½ C. Warm Water (110°–115°)
2 pkgs active dry yeast
4 C. sifted flour

¼ C. Sugar
1½ t slalt
⅓ soft shortening
1 Egg

Pour warm water into large bowl. Add yeast let stand a few minutes. Stir to dissolve. add halfe the flour, sugar, salt, shortening and egg. Start mixer on medium speed or beat by hand until smooth 1½–2 min. Add rest of flour and stir in by hand until flour dissapears. Scrape down bowl. cover with wax paper. let rize in warm place until doubled – about 30 min.

Meanwhile grease 1½ dozen large muffin cups. Stir batter 20 to 25 strokes! Then fill muffin cups ½ full let rise in warm place 20 to 30 min Bake 10 to 15 min in hot oven (425°) remove from Pan and cool on racks

Bread or Rolls

Scald 1 C. milk
add ½ C. sugar, 1 t. salt. 1 stick butter cool to lukewarm.
1 pkg yeast dissolved in ½ C. warm water. Add to milk mixture. 1 Egg sligh[tly] beaten 2 C. flour. Beat smoothe then add 2 more C. flour to make batte[r] stiff. Cover tightly set in Refrid[gerator] 2 hr. (will keep 2 days) roll dough oblong spread with soft butter add cinnamon and sugar. Roll and cut. bake 350° 30 min.

Biscuits

2 C flour
3 t B. powder
1 t salt
¼ C. shortening
1 C. milk

Set oven 450°.
Roll dough ¼" thick and cut with Biscuit cutter



cake and pastry

Cakes may be divided into two classes—Butter, and Butterless or Sponge. A good Butter cake should be fine grained or of smooth texture. This is obtained by accurate measuring and skill in combining ingredients which require effort and time. The butter should be creamed until light colored. Fine granulated sugar should then be blended well with it. Eggs should be separated and well beaten before adding.

Dry ingredients should be sifted before and after measuring, and these should be added alternately with the milk to the butter, sugar, and egg mixtures. Beaten egg whites and flavoring should be then folded into batter. Butter cakes require a moderate oven—350 to 400 degrees Fahrenheit.

Sponge cakes require a slow oven—275 to 350 degrees Fahrenheit.
Do not grease pans for sponge cakes.
Frost cakes after they are cold.

Frosting should be cold when put on.

Skill is required in making good pastry. Flakiness, crispness, and tenderness are characteristics of good pastry; and these are realized by the selection of good ingredients, accurate measurements, and skillful mixing.









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Old fashioned Cheese Cake

8 oz cream cheese
1/4 C. plus 3 T. sugar
2 T. flour
1/4 t. salt
5 large eggs separated,
1 t grated lemon
3 T. fresh lemon juice
1/2 C. heavy cream
1/4 t cream of Tartar
Vanilla Wafer Crust

Beat Cheese until fluffy; beat in 1/4 C sugar, flour and salt until blended. Thorough beat in egg yolks, one at a time. Stir in grated lemon rind and lemon juice, then heavy cream until blended. Beat egg whites until frothy add cream of tartar and continue beating until whites hold soft peaks; gradually beat in 3 T sugar continuing to beat if necessary until whites hold stiff peaks. fold beaten egg whites into Cheese mixture. Pour into crust. Bake in 300° oven 1 hr. and 10 min. Place on wire rack to cool; Cake will "fall"; chill briefly 10 to 12 servings

Vanilla Wafer Crust

1 1/2 C. vanilla wafer crumbs
1 t. grated lemon rind
2 T. sugar
1/3 C. butter or margarine melted

Mix well with crumbs, lemon rind, sugar and melted butter. Press firmly onto sides and bottom of pan. Well buttered and round spring formpan 8 x 2 3/4 or 3"

Cheese Cake

1 pkg lemon gelatin
1 C boiling water
3 T. lemon juice
1 C. sugar
1/2 C. melted margarine

1 8 oz cream cheese
1 t vanilla
1 C. cream, whippe
1/2 lb graham cra
crumbs

Combine gelatin, wa
lemon juice and sugar. Cool, add
softened cream cheese and vanill
to mixture. Fold in whipped cream
Add melted margarine to graham
cracker crumbs. Pack 2/3 of the
crumbs into pan 9 x 12 x 2 inches.
Pour filling over this and sprin
rest of crumbs over it. Chill seve
hours. Yield 12 servings.

Sour Cream Pie

1 Egg beat light
1 C. sugar with 1 T. flour mixed together
1 C. milk sweet (or) 1 C. sour cream
1 C. raisens, dash Cinnamon & cloves.
Bake with 2 crusts year (1906)

George Washington Pie

2 C. graham cracker crumbs 1 C. powdered sugar
1/2 C. butter or margarine
8 oz cream cheese 1 C. pecans
2 C. whipped cream or topping
1 can cherry pie filling

Cream butter and cracker crumbs together and place in bottom of eight by eight inch cake pan. Bake for 8 min. at 350° and let cool. Cream cheese and powdered sugar together and spread evenly over cracker crust. sprinkle pecans over this. Pour whipped cream or topping over pecans, and spoons heaping Tablespoonsfull of pie filling over the cream. Chill.

Cream Pie Filling

1/2 C. sugar — 1/4 t. salt
1 T. flour — 2 C. milk

Mix dry ingredients with a little milk. Add rest of milk. Cook over boiling water, stirring until thick. Cover and cook 15 min. longer, stirring occasionally.

2 Egg yolks — 1 t vanilla
2 T. Butter — 9-inch pastry Shell

Slightly beat Egg yolks add a little of the hot mixture to the eggs. Pour back and cook a few minutes longer [illegible]d Butt[illegible] and vanilla. Pour [illegible] shell and cool slight[illegible] [illegible] cover with meringue. B[illegible] until meringue is [illegible] firm.

Mer[illegible]

2 Egg whi[illegible] — 4 T. sugar
[illegible] salt

Beat Eggs until stiff add [illegible] Sugar and beat until [illegible]p.

Peach Upside Down Cake

4 T. (½ stick) margarine or Butter   ½ C. Brown S.
1 No 2½ Can sliced Yellow Cling Peaches, drained
1 Box prepared white or Yellow Cake mix.

spread softened butter in bottom of a 9-inch square cake tin. Sprinkle brown sugar evenly on butter and arrange peach slices on top of mixture.

Prepare cake batter according to package directions, then pour batter over fruit. Bake in moderate oven (350°F) for about 50 minutes. Loosen sides of cake with spatula. Place serving plate over cake and turn upside down immediately, allowing Pan to rest over cake a minutes or two, before removing. Serve Warm or cold with whipped cream. Serves Nine

Sour Cream Spice Cake

1½ C. Flour	¼ t nutmeg
½ t soda	¼ t cinnamon
1 t Baking Powder	¼ t cloves
1 C. Sugar	2 Eggs
1 C. thick Sour Cream	

Mix all ingredients in Bowl and mix 5 minutes. Bake in a 350° oven for 35 minutes.

Devils Food Cake

1½ C. white sugar
½ C. butter
3. eggs well beaten
Cook.
½ C. sweet milk
½ C. grated chocolate cool and add to batter. Dissolve 1t soda in ½ C. sweet milk. add 2½ C. of flour and 1 t vanilla. Bake 350° until done.

Red Devils Food Cake

3/4 C. Butter	2½ C. Flour
2 C. sugar	2 teas. Soda
2 Eggs	1 teas Salt
1 C. sour milk	½ C. Cocoa
1 teas Vanilla	1 C. boiling water

Cream butter & sugar. Add eggs one at a time. Beat well after each. Add vanilla to milk. Sift flour, soda, salt, and Cocoa together. Add dry ingredients alternately with milk. Pour in boiling water all at once. Stir well. Bake in 3 layers. Makes a large moist cake.

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Plain Pastry

2 C. all purpose flour ½ to ⅔ C. shortening
1 t salt 6 T. ice water

sift flour, measure and resift twice with salt. If lard is the shortening use ½ C. cut fat into flour with pastry blender or 2 knifes. Add water by teaspoon mixing lightly with fork

Pumpkin Pie

1# 2½ can of Pumpkin 2 Eggs
1⅓ C. sugar 1½ t salt
2 t cinnamon 2 C. milk
1 t ginger
1 t allspice

Line Pie pan with pastry. Beat eggs; add sugar and mix well. add pumpkin and spices, salt and mix well. add milk and mix well. Pour into Pastry Shells. Bake in 475° oven 10 min. reduce heat to 350° and bake 40 min. This recipe makes 2 pies.

desserts

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Cherry Pie

No 2 can or 2½ C. cherries

3 T cornstarch
1 C. sugar
1 T. Butter
¼ t almond flavoring
½ t Red food color
dash of salt

Cook sugar, cornstarch, butter, cherries almond flavoring and coloring until clear, cool and pour into pie crust and Bake 10 min. 425°, turn down for 20 m. to 350°

Apple Pie

7 to 8 medium size tart apples
1 T flour blended with
2/3 to 3/4 C. sugar
1/4 t nutmeg
1/4 t cinnamon
1 T. Butter
1 T. lemon juice

slice apples about 1/4 inch, sprinkle with flour, sugar and spice mixture. Dot with butter. Bake in hot oven 450° 15 min. Then 350° and bake 35 min. longer.

Sponge Cake

2/3 C. sifted flour — 1t. vanilla
1/3 C. corn starch — 1 C. sugar
6 Eggs separated — 1/4 t salt
2 T. water — 1/4 t cream of tartar

sift flour + cornstarch together. Beat egg yolks at high speed until thick. Add water and vanilla. Continue beating and gradually add 1/2 C sugar a tablespoon at a time. Fold flour mixture into yolks, 1/3 at a time until completely blended. Beat egg whites and salt until foamy, sift cream of tartar over egg whites. Continue beating until soft peaks form; Gradually beat in remaining 1/2 C. sugar. Pour egg yolk mixture over egg whites and fold together until no streaks. Bake 325° for 1 hr.

Fruited Whipped Cream

1 pt. heavey Cream — 2 C. seedless grapes
1/3 light Corn syrup — 2 C. orange sections

Beat cream until it begins to thicken. Gradually add corn syrup, beating until cream holds it's shape. Fold in fruit. Pile on sponge cake servings.

Peach Custard Cake

Put into 1 1/2 qt. bowl 1 1/2 C. all purpose flour, 1/2 t salt, and 1/2 C. soft Butter. Mix with pastry blender or 2 knifes until mixture looks like coarse meal.

With back of spoon press mixture firmly on bottom and half way up sides of buttered 8." square pan.

Drain well 1-lb 14oz can sliced peaches, saving 1/2 C. syrup arrange well drained peach slices on crust in pan. Sprinkle over peaches a mixture of 1/2 C. sugar and 1/2 tsp. Cinnamon. Bake in 375° oven 20 minutes

Mix 1/2 C. peach syrup, 1 Egg slightly beaten and 1 C. Evaporated milk. Pour over peaches. Bake 30 minutes more, or until custard is firm except in center. Center becomes firm on standing.

Deep dish Fresh Peach Pie

6 C. fresh sliced peaches
1 1/2 C. sugar
3 T. flour
1/4 tsp salt
1/4 tsp cinnamon
2 T. Butter

Place sliced peaches in 9 1/2 X 6 1/4 X 2 in. baking dish. Sprinkle dry ingredients (well sifted together) over peaches. Dot with butter. Top with pastry dough (using 1 C. flour) rolled 1/8 inch thick. Trim, turn under and flute edges. Cut 2 or 3 gashes in crust. Bake in a preheated oven 425° about 40 min or until crust is brown. serves 6 to 8 people

Chocolate Bavarian Pie

soften in 1 qt. saucepan 1 envelope unflavored gelatin in 1/2 C. cold water. Stir in well 1/2 C sugar, 1/4 C. cocoa and 1/4 tsp salt. stir over medium heat until sugar and gelatin are completely dissolved. (about 5 minutes) Do Not Boil. Take off heat.

Stir in 1 Cup evaporated milk chill in small bowl of electric mixer until firm. Beat in with mixer at low speed until mixture is broken up 2/3 C. Evaporated milk and 1 T. Vanilla

Beat at high speed until mixture fills bowl. Let stand a few minutes or until mixture mounds when dropped from spoon. heap into 9 inch Cramb or Pastry crust. Sprinkle shaved Chocolate over top. Chill until firm about 1 hr.

Louisiana Cornbread

1 Box yellow cake mix
4 Eggs
1 pkg of lemon gelatin
scant 3/4 C. cooking oil

3/4 C. water
1/4 tsp lemon extract

Put mix in bowl and add gelatin. Beat 4 eggs and add oil, water, and extract. Add liquid to dry ingredients.

Bake at 325° -- 40 min to 1 hr. Use large cake pan. Approximately 9 1/2 x 11 3/4. Let sit 5 min. With a toothpick, stick all over cake about 3/4 way through. Soften or melt 1 stick margarine or butter.

Cracker Crust

20 Graham Crackers   1/4 C. sugar
1/4 C. Butter or Margarine

Roll graham crackers fine add sugar and soft butter, blend well c̄ fingers. Pour into 9" pie pan and press into shape Bake in 375° for 8 min

Burnt-Sugar Chiffon Cake

3/4 C sugar	1/2 C salad oil
1 C boiling water	5 unbeaten egg yolks
2 1/4 C. cake flour	6 T. water
1 1/4 C. sugar	1 t vanilla
3 t baking powder	1 C. egg whites
1 t salt	1/2 t cream of tartar

Melt 3/4 C. sugar in heavy skillet over low heat until clear and medium brown. Remove from heat. Add boiling water. Stir over low heat until lumps dissolve.

Sift dry ingredients, make a well. Add salad oil, egg yolks, 6 T. water, vanilla, and 6 T. burnt sugar syrup. Beat until satin smooth.

Combine egg whites and cream of tartar. Beat until they form *very* *stiff* peaks. Fold egg yolk batter into egg whites.

Bake in 10 inch tube pan in slow oven (320°) 55 minutes, then in moderate oven (300°) 10 to 15 min.

Invert pan 1 hr. or until cool.

PopCorn Cake

1/4 C Butter
1/4 C Vegetable Oil
20 Caramel Candies
2 1/2 C. miniature ~~candies~~ marshmallows
10 C. popped corn
1/2 lb. candy coated chocolate pieces
1/2 lb salted peanuts without skins

Melt first 4 ingredients together in microwave. Combine remaining ingredients and stir into melted mixture. Press into well greased angel food pan. Cool and unmold.

Pineapple Chiffon Cake

2 1/4 C. sifted cake flour
1 1/2 C. sugar
3 t. Baking Powder
1 t. salt
1/2 C. salad oil
5 egg yolks
1/2 t cream of tartar
3/4 C. unsweetened Pineapple juice
1 C. (8) egg whites

Sift dry ingredients into mixing bowl, make a well in dry ingredients. Add salad oil, egg yolks, and pineapple juice in order given. Beat until satin smooth.

Combine egg whites and cream of tartar in large mixing bowl. Beat until they form very stiff peaks.

Fold egg-yolk batter gradually into egg whites. Bake in ungreased 10" tube pan in ~~moderate~~ slow oven (325°) 55 minutes, then in moderate oven 350° 10 minutes.

desserts







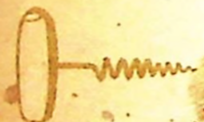
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FOR

Mother's Best Fudge Cake

3 1 oz squares unsweetened chocolate, melted
1/2 C. milk — 2 eggs
1 well-beaten egg — 2 C. cake flour
2/3 C. sugar — 1 t soda
1/2 C. shortening — 1/4 t salt
1 C. sugar — 2/3 C. milk
1 t vanilla

Combine chocolate, 1/2 C. milk, well beaten egg and 2/3 C. sugar in saucepan; cook over low heat until thickened, stirring constantly. Cool.

Stir shortening to soften. Gradually add 1 C. sugar and cream together until light and fluffy. Add Vanilla.

Add remaining eggs, 1 at a time, beating well after each.

Sift flour, soda, salt together 3 times. Add flour mixture to creamed mixture alternately with 2/3 C milk, a small amount at a time. Beat after each addition until smooth. Blend in chocolate mixture.

Bake in 2 paper lined round pans 9 x 1 1/2". Moderate oven (350°) 25 to 30 minutes.

Chocolate Satin Frosting

2 C. sifted Confectioner's sugar
3 T hot water
3 1-oz. squares unsweetened chocolate melted
1 slightly beaten egg
1/3 C. soft butter
1 t vanilla

Blend sugar and hot water into chocolate. With spoon beat half of egg into chocolate mixture; beat in remaining half. Beat in butter, a tablespoon at a time. Beat in vanilla.

Frosting will be thin at this point, so place bowl in ice water and beat until of spreading consistency. spread on cake.

Date Cake

1½ C. flour	1 t flavoring
1 C. sugar	½ C. nuts
½ C. shortening	1 C. Dates chopped
1 Egg	1 t soda

1 C. Boiling Water

Mix soda and boiling water and pour over dates. Mix all ingredients until flour is wet. Bake 350° for 45 min.

Lemon Pie

2 C. water	5 T. lemon juice
1 C. sugar	2 t grated rind
½ t salt	5 T cornstarch
2 T. Butter	3 egg yolks (well beaten)

6 T. sugar for whites, for the top

Bake in oven 15 min 325°. ~~Half~~

Have prepared one baked Pie shell

desserts



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Cherry Chiffon Loaf Cake

1 C. plus 2 T. sifted cake flour
3/4 C. sugar
1 1/2 t baking powder
1/2 t salt
1/4 C. salad oil
1/4 C. cold water
2 egg yolks
2 T maraschino-cherry syrup
1/2 t vanilla
1/2 C. (4) egg whites
1/4 t cream of tartar
1/4 C. finely chopped walnuts
1/4 C " " maraschino cherries well drained

oven 325°

Sift flour, sugar, baking powder, and salt into bowl. Make well in center, add salad oil, water, egg yolks, cherry syrup, and vanilla. Beat till smooth. Beat egg whites with cream of tartar till very stiff peaks are formed. (Do not underbeat).

Fold first mixture into egg whites. Fold in nuts and cherries. Pour into ungreased 9 1/2 x 5 x 3 inch loaf pan.

Bake in slow oven (325°) 50 to 55 minutes. Invert and cool.

desserts





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FOR

Cherry Chiffon Loaf Cake

1 C. plus 2 T. sifted cake flour
3/4 C sugar
1 1/2 t baking powder
1/2 t salt
1/4 C. salad oil
1/4 C. cold water
2 egg yolks
2 T maraschino-cherry syrup
1/2 t vanilla
1/2 C. (4) egg whites
1/4 t cream of tartar
1/4 C. finely chopped walnuts
1/4 C " " maraschino cherrys well drained

oven 325°

Sift flour, sugar, baking powder, and salt into bowl. Make well in center; add salad oil, water, egg yolks, cherry syrup, and vanilla. Beat till smooth. Beat egg whites with cream of tartar till very stiff peaks are formed. (Do not underbeat).

Fold first mixture into egg whites. Fold in nuts and cherries. Pour into ungreased 9 1/2 x 5 x 3 inch loaf pan.

Bake in slow oven (325°) 50 to 55 minutes. Invert and cool.

Cherry Fluff Frosting

Place 2 egg whites, 1 1/2 C. sugar, 3 T. maraschino-cherry syrup, 3 T. water, 1/4 t. cream of tartar, and dash salt in top of double boiler. Beat 1 minute with electric mixer. Place over boiling water; beat constantly until frosting forms peaks, about 7 minutes. Remove from boiling water. add 1 t. vanilla. Beat till spreading consistancy about 2 min.

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FOR

Date Orange loaf Bread

1C. sugar	1/2 C hot water
2 T. butter	2 C. sifted flour
1 Beaten egg	1 t salt
1/2 C. orange juice	1 t Baking powder
1 orange rind, grated	1 C. chopped dates
1 t. soda	1/2 C. chopped nut meats

Cream sugar, butter and beat in egg. Add orange juice and rind. Dissolve in hot water and cool. Sift flour, add soda solution flour, salt and baking powder. fold in Dates and nuts. Bake in greased loaf pan 1 hr at 350°.

Plain Roll Dough

1 pkg active yeast	2 T. sugar
1/4 C. water	1 t. salt
1 C. milk, scalded	1 well-beaten egg
2 T. shortening	3 1/2 C. sifted flour

Soften yeast in warm water (110°) Combine milk, shortening, sugar, salt; cool to lukewarm. Add softened yeast, egg. Gradually stir in flour to form soft dough. Beat vigorously. Cover and let rise in warm place (82°) till double in bulk, about 2 hrs. Turn out on lightly floured surface and proceed as desired under Variations.

Either the shortening or sugar may be increased to 1/4 C sugar for richer dough.


desserts

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desserts

Include fruit in the dessert if it is not in any other part of the meal or the day's meals.

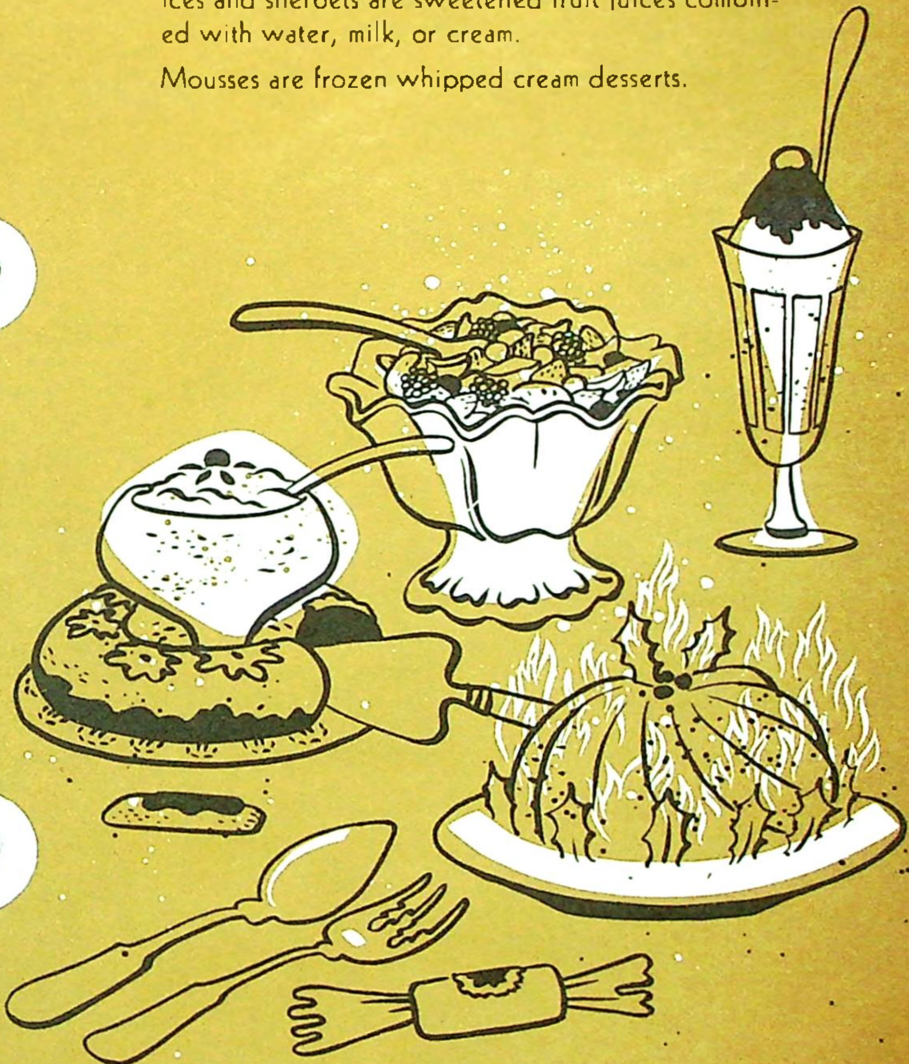
A heavy rich dessert should not be served at a heavy meal.

Jello or gelatine provides the basis for many delightful desserts.

Refrigerator desserts are becoming increasingly popular.

Ices and sherbets are sweetened fruit juices combined with water, milk, or cream.

Mousses are frozen whipped cream desserts.



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Doughnuts

2 Eggs
2 C. sugar
2 C. milk
4 C. flour
1 t salt
1 t nutmeg

Beat eggs well add sugar, milk and flour with salt and nutmeg added. Beat well then add 3 t. Baking Powder. Make soft dough, roll ½" thick. Cut in rings and fry in deep Kettle hot fat.

Cheap Sponge Cake

1 C. sugar
2 Egg yolks
1/4 t salt
2 t Baking Powder
1 C. flour
2 Egg whites
5 t water
1 t flavoring

Beat egg yolks and gradually add water. Add sugar gradually and beat well. Sift flour, salt, and Baking Powder together. Add to first mixture and mix thoroughly. Beat egg whites and add with the flavoring Bake in a slow oven.

Raised Doughnuts

1 cake compressed or 1 pkg. active dry yeast
1/4 C. water
3/4 C. lukewarm milk
1/4 C. sugar
1 t. salt
1 Egg
1/4 C. shortening
3 1/2 to 3 3/4 C. Flour

Soften compressed yeast in lukewarm water (85°), active dry yeast in warm water (110°). Mix lukewarm milk, sugar and salt, add softened yeast mixture. Stir until dissolved. Stir in egg, shortening, and half of the flour. Add remaining flour. Knead on lightly floured surface. Place in greased bowl, turning once to grease surface. Let rise till double in bulk, punch down. let rise till double again. Roll out dough 1/3 inch thick. Cut. let rise till very light (30 to 40 m). leave uncovered so crust will form. Fry in deep hot fat (375°). makes 18.

Brownies

2/3 C. sifted all-purpose flour
1/2 t Baking Powder
1/4 t Salt
1/3 C. butter or shortening
2 sq. unsweetened chocolate
1 C. sugar
2 beaten eggs
1 t Vanilla   Set oven 350°

sift flour, add baking powder and salt and sift. Melt shortening and chocolate add sugar gradually to eggs beating. Add chocolate mixture and blend. Add flour and mix well; mix in nuts and Vanilla. spread in greased 8x8x2 inch pan. Bake 25 min.

Date Pinwheel Cookies

1 C. white sugar   3 eggs
1 C. Brown sugar   4 C. flour
1 C. shortening   1 t soda
1 t Vanilla

Date mixture

1 lb chopped dates   1/2 C. water
1/2 C. sugar   Cook dates, sugar, and water until thick. Let cool before spreading on dough.

Cream sugar, white and brown with shortening. Sift flour and Soda and add to cream mixture. Add flavoring and divide the dough in 2 parts. Roll 1 half lenghth wise 1/2" thick and spread with date mixture, sprinkle with nuts. Rollup in wax paper, let stand in Refridgerator over nite. Bake 15 min cool on rack and slice for cookies 385°

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Peanut Butter Cookies

Cream 1/2 C. shortening and 1/4 C. peanut butter until light. Add gradually 1 1/3 C. sugar, creaming until light and fluffy. Add 2 eggs one at a time, beating thoroughly after each. Sift together 2 C. all purpose flour, 1/8 t soda, 1/2 t salt. Add 2/3 C. chopped. shelled peanuts and stir into creamed mixture, blending thorough. shape into balls about 3/4" in diameter. Place on lightly greased baking sheets flatten with palm of hand. Mark with criss-cross desighn with tines of fork. Bake at 375 for 10 to 12 min.

Quick Apple Dessert

Combine in Saucepan
1/2 C. sugar
1/4 C. quick cook tapioca
1/2 t cinnamon
1/4 t nutmeg
2 C. water. Cook, stirring until mixture boils. Remove from heat.

Add 2 T butter
1 lemon, grated rind and juice. Cool 15 min, Stir

add 1 can sliced apples.
serve with cream and warm

Raisine Carrot Pudding

1/2 C. Butter	1 C. sugar
1 1/2 C. flour	1 1/2 t baking Powder
1 t salt	1 t cinnamon
1/2 t nutmeg	1/2 t. cloves

1 C. grated raw carrots (packed)
1 1/4 C. finely chopped peeled apple
1 1/2 C. Raisins

Cream butter and sugar until light and fluffy. Sift flour with baking powder, salt and spices. Blend into creamed mixture alternately with combined carrots, apple and raisins. Turn into greased 1 1/2 qt mold, cover closely and steam 2 1/2 hrs. Serve hot with lemon sauce or hard sauce.

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Fruit Cocktail Pudding Dessert

1 1/2 C. sugar
2 C. flour
2 t soda
1/4 t salt
2 Eggs
1 can 303 fruit cocktail

Mix all ingredients together and put in a 13X9X2 cake pan that has been greased. On top of batter, spread 1 C. coconut, 1 C. nuts and 1 C. brown sugar mixed together. Bake for 1 hour at 325°.

When removed from oven, immediately spread on this glaze 3/4 C. sugar 1 stick oleo, 1/2 C. condensed milk, 1 t Vanilla, boiled together for 1 min.

Peanut Clusters

8 oz of Chocolate
1/2 pd. roasted peanuts

Melt chocolate in bowl over hot water; remove from heat; add peanuts and stir well.

Drop from teaspoon onto wax paper. Place in refrigerator to chill 12 hrs. Keep in cool place. Makes 3 doz.

Festive Cookie balls

1C. crushed vanilla wafers
1C. powdered sugar
3/4C chopped nuts
3/4C. grated coconut
2T cocoa

2T. light syrup
3T. cream
1T. flavoring

mix all ingredients well. Form into various sized balls 1/2 to 1 inch in diameter. Roll in ground nuts, fine grated coconut (which may be tinted) or various colored sugar.

Baked Apple

Wash apples, remove cores. Peel the skin about 1/3 down from top. Arrange apples in a baking dish and fill cavities with Brown sugar. Top each apple with T. of butter. Add water to dish. Bake 350° for 1 hr. For a little spice, add 1/8 t of cinnamon, ground clove or nutmeg.

Rainbow Snowball Cake

1 qt strawberry ice cream — 3 qts vanilla ice cream
1 qt orange sherbet — 1 pt heavy cream whipped
1 qt lime " — 1 t. vanilla

Chill 10" tube pan with removable bottom. With small scoop, shape balls of strawberry ice cream, orange and lime sherbet. Place on cooky sheet; chill in freezer till firm.

Soften vanilla ice cream. Whip till like fluffy whipped cream. Drop layer of colored balls into pan. Add whipped ice cream to fill spaces. Repeat till pan is filled. Freeze several hours.

Remove from pan. Frost with whipped cream flavored with vanilla.

Top Secret recipes

Borden Cracker Jack

4 qts popped corn
1 C Spanish peanuts
4 T. (1/2 stick) butter
1 C Brown Sugar
1/2 C light corn syrup
1/8 C Molasses
1/4 t salt

Pre heat oven to 250°. Combine popcorn + peanuts in metal bowl or cookie sheet and place in pre heated oven. Combine all remaining ingredients in saucepan. Stirring over medium heat bring mixture to boil. Using a candy thermometer bring mixture to hard ball stage (260°F) or the point at which syrup, when dripped into cold water forms a hard but pliable ball. This will take about 20 to 25 minutes or until you notice the mixture turning dark brown. Remove popcorn + peanuts from oven and working quickly, pour carmel mixture over them in a fine stream. Then place mixture in oven for 15 min. Mix well every 5 min so that all popcorn is coated well. Cool + Store in ~~dry place~~ covered container. Makes 4 qts

Pastry Shell

Lemon Meringue Pie

1 1/2 C. Sifted flour
1/2 t. salt
1/2 C. soft shortening
1 t grated lemon peel
1 Egg slightly beaten
1 1/2 t lemon juice
2 T cold water

Sift flour & salt together in a large bowl. Cut in shortening with a pastry blender until mixture resembles corn meal. Add grated lemon peel. Combine egg, lemon juice and water and add to flour mixture. Stir lightly with a fork. Form dough into ball & chill for several hours. heat oven 425° F. prick bottom & sides of shell thoroughly. Bake 10 to 15 mins.

Top Secret Recipes

M+M/ Mars

Snickers Bar

1/4 C light corn syrup
2 T butter
1 t Vanilla extract
1/8 C peanut butter
dash of Salt
3 C. powdered sugar

35 unwrapped caramels ~~caramels~~
1 C. dry roasted unsalted peanuts
1 - 12 oz bag milk chocolate chips

1. With mixer on high speed. Combine butter vanilla, peanut butter corn syrup and salt until creamey. Slowly add powdered sugar
2. When the mixture has the consistancy of dough, remove it from the bowl with your hands and press it into a lighty greased 9x9 inch pan. Set in refridgerator
3. Melt caramels in a small pan over low heat.
4. When caramels is soft, mix in the peanuts. Pour the mixture over refrigerated nougat in the pan. Let this cool in Refrige.
5. When this refrigerated mixture is firm melt the chocolate over low heat in a double boiler or in Microwave for 2 min stirring half way through cooking time. When mixture in the pan has hardened cut into 2" x 1" pieces and using fork dip in melted chocolate and Place on Wax Paper to cool 70° is best

Date - Marshmellow Log

45 graham crackers
24 marshmellows cut
1 1/2 C. chopped Dates
3 C. chopped walnuts
1 1/2 C. heavy cream

Roll graham crackers to fine crumbs. Combine marshmellows, dates, nuts and mix thoroughly with 2 1/2 C. cracker crumbs. Add cream (not whipped) and mix thoroughly. Shape into roll about three and one-half inches across and roll in remaining cracker crumbs. Wrap well in waxed paper and chill in refrigerator. Cut in slices to serve.

White Taffy

1 C. water
1 C. white sugar
Pinch of alum
1 C. white syrup
1/2 inch square Parowax

Cook all ingredients until they form soft ball when tested in water. Pull the taffy in one way when cool enough to handle then twist and lay on cookie sheet. Cut in one inch pieces.

Fresh Plum Cobbler

1 3/4 to 2 lb fresh prune-plums

3/4 C + 1/2 C. sugar	1/4 C. Butter or Oleo
1 C. sifted flour	1 Egg
1 t Baking Powder	3 T. milk
1/8 t salt	1/4 t vanilla

Wash, pit, and quarter plums; should be 1 qt. Mix with 3/4 C. sugar in a 9 x 9 x 2" cake pan. Sift together flour, baking powder and salt; cut in butter until fine. Beat egg and 1/2 C. sugar until thick and ivory-colored, beat in milk and vanilla. Fold into flour mixture; do not stir smooth. Spread over plums - batter will be in a thin layer. Bake in a 375° oven until brown.

Apple Cobbler

1/2 C sugar	1 t. Baking powder
1/2 t cinnamon	dash of salt
4 C. ~~th~~ thinly sliced apples	1 Beaten egg
1 C. flour	1/2 C. milk
1 C. sugar	1/2 C. butter
	1/2 C. chopped nuts

Mix sugar, cinnamon and sprinkle over apples, which have been placed in a greased shallow baking dish. Mix flour, sugar, baking powder and salt, add this to egg, milk and butter. Stir until almost smooth and pour over apples. Sprinkle with chopped nuts. Bake 325° for 1 hr

Chocolate Chip Cookies

2/3 C soft shortening
1/2 C granulated sugar
1/2 C. Brown sugar
1 Egg
1 Tsp Vanilla ———— mix thoroughly

1 1/2 C. Flour
1/2 tsp soda
1/2 tsp salt stir + blend in
6 oz. (1 1/4 C) chocolate chips

Drop rounded teaspoonfuls about 2 inches apart on ungreased baking sheet. Bake until delicately browned. Cool slightly before removing from pan. Bake 375° oven 8 to 10 minutes.

Butterscotch Penuche

2 C. marshmallow cream
1 6-oz can (2/3 C) evaporated milk
1/3 C. butter
1 3/4 C. sugar
1/4 tsp salt
1 6-oz package (1 C) butterscotch pieces
1 C. coarsely chopped walnuts

Combine in heavy saucepan the first 5 ingredients. Place over medium heat and stir constantly till mixture comes to a full boil. Remove from heat; add butterscotch pieces, stirring till smooth. Stir in nuts & Pour into buttered 8x8x2 inch pan. Chill till firm. Cut in 1 in. squares.

Chocolate Torte
serves 8-10

Cinnamon Meringue Shell

2 Egg whites — ½ C sugar
¼ tsp salt — ¼ tsp cinnamon
½ tsp vinegar

Cover cookie sheet with brown paper - draw 8" circle. Beat egg whites, salt, vinegar until soft peaks form. Add sugar & cinnamon gradually beating very stiff peaks. Spread within circle making bottom ½" thick and mounding out edge making it 1¾" high. Bake in slow oven (275°) for one hour. Turn off oven and let dry in oven for 2 hours (door closed)

Twin Cream Filling

1 6oz pkg choc. chips — 1 C heavy cream
2 beaten egg yolks — ¼ " sugar
¼ C. water — ¼ tsp cinnamon

Melt chocolate over hot water - cool slightly & spread 4 Tbs. over bottom of meringue. To remaining choc. add egg yolks, water and blend. Chill until thick. Whip cream, sugar, cinnamon till stiff spread ½ over choc. in shell. Fold rest into choc. & spread on top. Chill several hours.

Sand Torts

1/2 C. Fat	1 well beaten Egg
1 C. Brown sugar	4 T. milk
1 3/4 C. flour, sifted	1/2 C. English walnuts
2 t Baking Powder	1 t Vanilla

Cream sugar and shortening together thoroughly. Add egg. sift flour with baking powder and add to creamed mixture. Add milk, walnuts and vanilla. Stir enough to mix, then drop dough by teaspoon onto greased cookie sheet. flatten with floured fork. Brush tops with egg white, sprinkle evenly with sugar and cinnamon Bake 12 to 15 min. 400° degrees

Butterscotch Rolls   oven 375°

Roll one-half recipe Plain Roll dough on lightly floured surface to oblong shape 1/4 C. brown sugar and 1t cinnamon. Roll as for jelly roll; seal edge; cut in 1" inch slices.

Combine 1 C. brown, 2T light corn syrup, and 1T. butter or margarine; heat slowly in greased shallow pan. Place rolls, cut side down, over mixture. Cover, let rise till double in bulk.

Bake in moderate oven (375°) 25 minutes. Remove from pan; cool, bottom side up makes 16 rolls.

Orange Oatmeal Cookies

- 2 C. sifted flour
- 2 C sugar
- 5 t B. Powder
- 1 t salt
- 1 t nutmeg
- 1 C. soft shortening
- 2 eggs
- 1/4 C grated orange peel
- 2 T orange juice
- 3 C. quick-cooking oatmeal

Mix & sift flour, sugar, baking powder, salt & nutmeg. Add shortening, eggs, orange peel & orange juice and beat until smooth. Blend in rolled oats. Drop by measuring tablespoonfulls about 3 inches apart onto a greased baking sheet. Bake at 375° for 12 to 15 m. Makes about 4 1/2 dozen.

Caramels

1 C. sugar — 1 C. light cream
3/4 C. dark corn syrup — 1/2 C. walnuts
1/2 C. butter or Margarine — 1/2 t vanilla

Combine sugar, corn syrup, butter, 1/2 C. cream; bring to boil, stirring constantly. Add remaining half cup cream and cook slowly to very hard ball stage (260°) Remove from heat, add nuts and vanilla.

Pour into greased 8 x 8 x 2 inch square pan. Mark in squares when partially cool. Cut when cold. Wrap caramels in wax paper. Keep in airtight container.

Crisp Sugared Walnuts

Place 2 1/2 C. California walnuts halves in a shallow pan. Heat in moderately hot oven (375°) about 15 min. Stir frequently. Take walnut halves out of oven.

Cook 1 C. sugar, 1/2 C. water, 1 t. cinnamon, 1 t salt to soft ball stage (236°) without stirring. Remove from heat; add 1 1/2 t vanilla, nuts.

Stir gently until nuts are well coated and the mixture becomes creamy. Turn out on greased platter. Separate walnut halves as they cool! These sweet crusted nuts are good travelers, so put them in boxes to mail.

Spiced Nuts

2 T. coldwater
1 slightly beaten egg white
1/2 C. sugar
1/4 t cinnamon
1/4 t cloves
1/4 t. allspice
1/2 t salt
2 C. pecan halfs

Add water to slightly beaten egg white. Add sugar, cinnamon, cloves allspice, and salt to egg white mixture; mix well. Let stand until sugar dissolves, about 15 minutes.

Dip the nuts in mixture. Spread on a greased cooky sheet. Place flat side down. Bake in very slow oven (250°) until golden, about 1 hr.

Uncooked Fruit Caramels

1 C. seeded raisins
½ C. dried apricots
½ C. figs
1 C. dates
½ C. candied orange peel
6 candied cherries
1 C. california walnuts
3 T. orange juice
Confectioners sugar

Wash raisins, apricots and figs. Grind together raisins, apricots, figs, dates, and orange peel, cherries, and walnuts.

Add enough orance juice to hold the fruits and nuts together; mix well. Press into a greased 8 x 8 x 2 inch pan.

Chill overnight in refrigerator. Cut in squares. Roll squares in confectioners sugar.

Famous Oatmeal Cookies

3/4 C. soft shortening
1 C Brown sugar
1/2 C. granulated sugar
1 egg
1/4 C. water

1 t vanilla
1 C. sifted flour
1 t salt
1/2 t soda
3 C. oatmeal uncooked

Beat shortening, sugars, egg, water c̄ vanilla together until creamy. Sift together flour, salt, c̄ soda; add to creamed mixture; blend well. Stir in Oats. Drop by teaspoonsful onto greased cookie sheets. Bake in moderate oven 350° 12 to 15 m





drinks

The beverages really useful to us as food are milk, cocoa, chocolate, and fruit drinks. Cocoa is chocolate with most of the fat or "cocoabutter" removed.

Never boil tea or allow it to steep more than 5 minutes.

Prepare iced tea by pouring freshly prepared strong tea into a glass of chipped ice. Serve with sugar, slice of lemon, or orange.

Prepare iced coffee by pouring freshly prepared strong coffee into a glass of chipped ice.

Cocoa is a suitable hot drink for a child's breakfast. It should be thoroughly cooked because of its starch content.





Golden Fruit Punch

2 pkgs orange flavored powdered drink
1 Can frozen orange juice
1½ pts pineapple juice
1 C. grapefruit juice
2 qts water
⅔ C. sugar

Mix ingredients and chill. Just before serving add 1 large bottle of gingerale. Makes over a gallon of drink.

Tutti-Frutti Punch

2 pkgs Raspberry powdered drink
1 Can frozen orange juice (6 oz concentrate)
1 pt. pineapple juice
1 pt grape juice
2 qts water
⅔ C. sugar
1 Can crushed Pineapple

Mix and Chill. Add 1 bottle gingerale before serving. 36 punch cups.

Mint Lemonade

2 C. sugar
2 1/2 C. water
grated peel of 1 orange
Juice of 2 oranges
Juice of 6 lemons
1 C. mint leaves

Cook sugar and water 5 min. Cool. Add fruit peel and juices. Pour over mint leaves, cover and let stand 1 hr. Strain into jar; keep in refrigerator. Use 1/3 C. syrup for each glass; fill with crushed ice and water. makes 10 to 12 servings.

Golden Summer Punch

1 6 oz can frozen orange juice concentrate
1 6 oz can frozen lemonade concentrate
1 12 oz can apricot nectar
1 No 2 can (2 1/2 C.) pineapple juice

Add water to frozen concentrates as directed on cans. Combine with apricot nectar, pineapple juice. Chill. Serve in punch bowl. Float block of ice in punch. Garnish with orange slices. Makes about 3 qts.

Egg Nog

3 C. milk
1 C. light cream
1/3 C. sugar
2 egg yolks
1/4 t. salt

1 t. vanilla
2 egg whites
3 T. sugar
1 1/2 t. sugar
1/2 C. heavy cream whipped

Combine milk and light cream; scald. Beat 1/3 C. sugar into egg yolks. Add salt; slowly stir in milk mixture. Cook in double boiler over hot (not boiling) water, stirring constantly, till mixture coats spoon. Cool. Add vanilla. (For extra smoothness blend in blender.) Beat egg whites till foamy. Gradually add 3 T. sugar, beating till soft peaks form. Add meringue to custard and mix thoroughly. Chill 3 or 4 hrs.

Pour into punch bowl. Fold 1 1/2 t sugar into whipped cream. Dot eggnog with "islands" of whipped cream and sprinkle with grated nutmeg. Makes 6 to 8 servings.

Top secret

Orange Julius

1 C. orange juice
1 C water
2 eggs

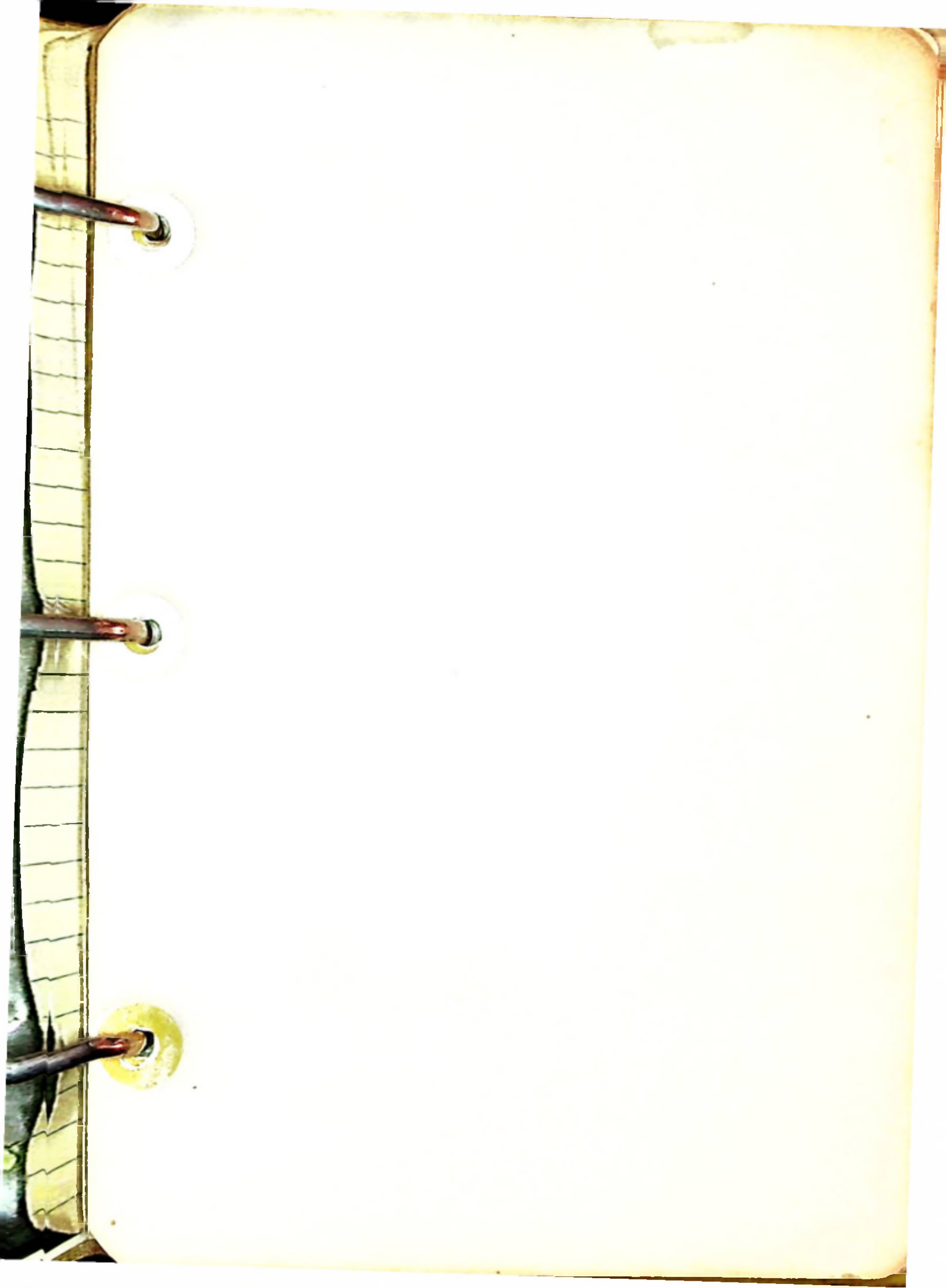
3/4 t vanilla extract
1/4 C granulated sugar
1 heaping cup of ice.

Combine all of the ingredients in blender set on high speed for exactly 1 min.
makes 2 drinks.

Coffee

Vacuum method

1. Measure fresh cold water into lower bowl. Place on heat. Place filter in upper bowl. Add vacuum grind coffee.
2. When water boils, reduce heat or turn off electricity. Insert upper bowl with slight twist.
3 Let most of water rise into upper bowl. Stir water and coffee thoroughly. In 1-3 min. remove from heat.
4. When brew returns to lower bowl remove upper bowl and serve.



FO

eggs and cheese

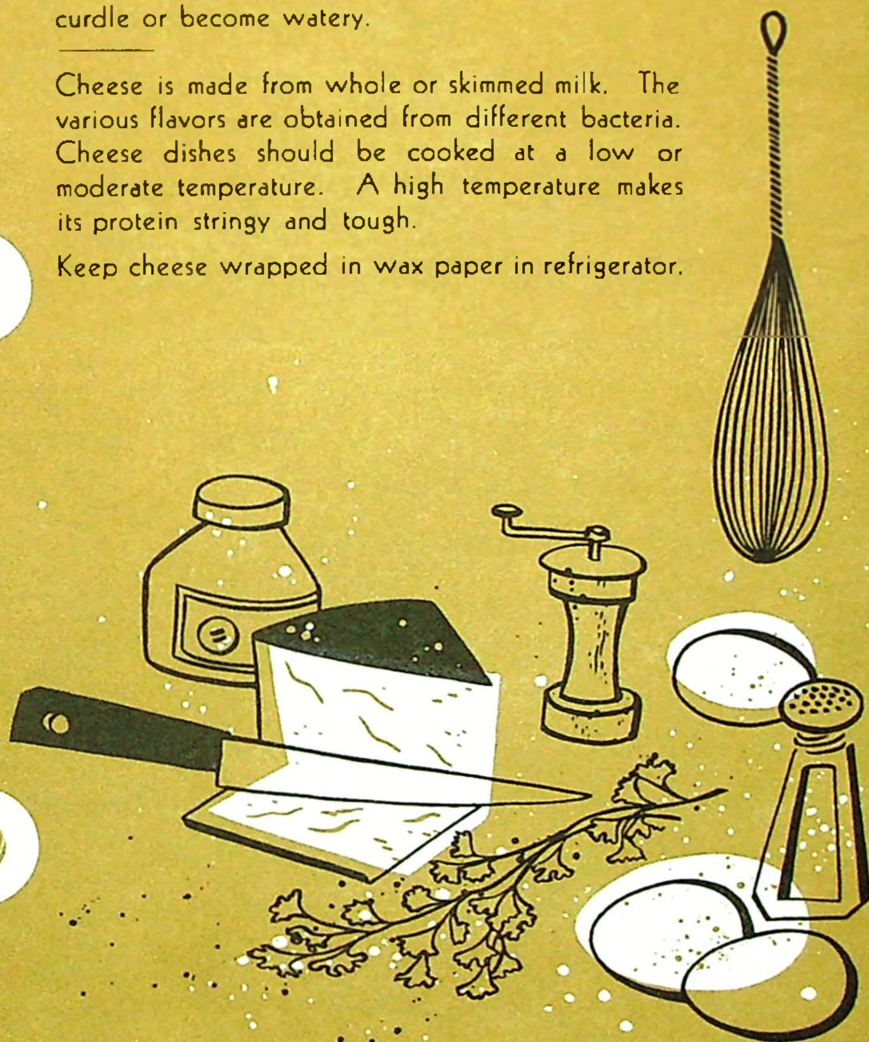
Eggs should be cooked at a low temperature so that their protein will not be toughened. When using many eggs at one time, break each into a small dish so as to detect any which may have spoiled.

Eggs may be hard cooked in double boiler for 30 minutes.

If eggs are used to thicken custards they must be cooked at a low temperature, or the custard will curdle or become watery.

Cheese is made from whole or skimmed milk. The various flavors are obtained from different bacteria. Cheese dishes should be cooked at a low or moderate temperature. A high temperature makes its protein stringy and tough.

Keep cheese wrapped in wax paper in refrigerator.



FO

Elegant Meringue

3. Egg whites — 1 C. Marshmellow Cream
Dash of Salt — 1 9 in pie

Beat egg whites with salt until frothy. add marshmellow cream, continue beating until stiff peaks form. Spread on pie. Bake 350, 15 min or until lightly browned.



Noddles

3 1/4 C. + 2 T. sifted flour
1/2 t. Salt
1/2 t Baking Powder
1/8 poultry seasoning
1 Large Egg, Beaten

Sift flour and resift with remaining ingredients. Add gradually to beaten eggs, mixing until thoroughly blended. Roll paper thin on floured board. Keeping shape rectangular as much as possible. Allow to stand 20 minutes. roll up and slice. Toss lightly to separate noodles. Spread out to dry for several hours. Cook rapidly until tender 8 to 10 minutes

K.F.C
Original Recipe
Fried Chicken

6 C. Crisco cooking oil
1 egg beaten
2 C. milk
2 C. allpurpose flour
4 T. salt
2 t Black pepper
1 t MSG (Monosodium glutamate)
you can use Accent flavor enhancer
2 frying chickens with skin, cut into 6 pieces

1. Pour the oil into the pressure cooker and heat over medium heat to about 400°F.
2. in small bowl combine egg + milk.
3. in seperate bowl combine the remaining 4 ingredients.
4. Dip each peice of Chicken into the milk until fully moistened
5. Roll chicken in flour mixture until fully coated.
6. in groups of 4 or 5 drop chicken in oil and lock lid in place.
7. When steam begins shooting through the pressure release set timer for 10 min
8. After 10 min release pressure and remove chicken to rack or paper towel. Repeat with remaining chicken.

FO

Eggs And Chips Casserole

6 hard cooked eggs, sliced
1 Can Cream of mushroom soup
1/2 C. milk
2 T. finely-chopped onion
2 C. crushed potato chips
salt + Paprika to taste

Blend soup, milk and chopped onion together. Arrange half of potato chips in greased casserole; add eggs and sprinkle with salt and paprika. Add remaining crushed potato chips; Pour soup mixture over all. Bake 20 to 25 min. at 400 degrees.

Cheese and Chilli Casserole

2 - 7-oz cans Ortega green Chiles
3 C. or 1 lb grated american cheese
2 C. milk   1 C. cracker crumbs
4 eggs   1 tsp salt
4 T. Butter

Place alternate layers of chili and cheese in a greased baking dish. Leave enough cheese to sprinkle on top. Beat eggs, add milk and salt. Pour over cheese and chili. Sprinkle remaining cheese and buttered cracker crumbs on top. Bake 45 minutes in slow oven

FO

in Minutes

2 - 15

60

meat-fish

reserving

salads

lb.

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per lb.
per lb.
per lb.

12 - 15
25 - 35
10 - 12
20 - 25



salads

Salads should be excellent sources of Vitamins, Minerals, and Cellulose. Lettuce and the vegetables and fruits which make up the body of the salad should be fresh, crisp, and tender.

The small or medium sized serving of salad is more appealing than the large serving.

Salad greens may consist of lettuce, romaine, endive, watercress, chicory, dandelions, etc.

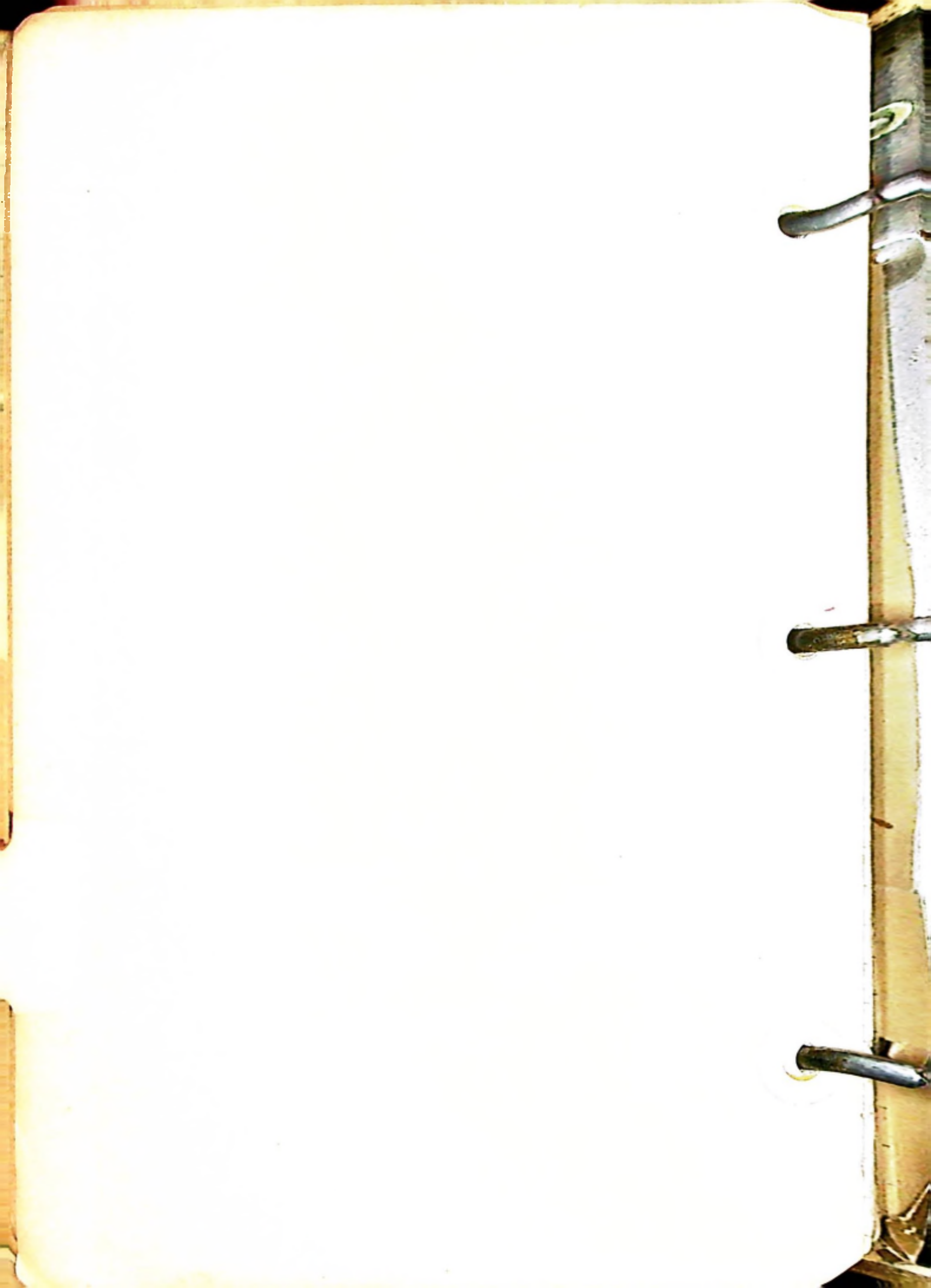
French dressing is correct on all salads.

Mayonnaise is used particularly on meat and fish, fruit, vegetable, and egg salads.

Vegetables, meats, chicken, and some fruits are often mixed with a small amount of French dressing and allowed to chill in a refrigerator one hour before serving.

The ingredients should be mixed together lightly, blending the dressing thoroughly.





Cranberry Yum Yum Salad

1 lb. ground fresh cranberries
1 lb. minature marshmellows
1-1/2 C. sugar — mix and chill overnite

1 No 2 can crushed pineapple drained
3/4 C. chopped, nuts
1 pt whipping cream
1/2 C. sugar

Whip cream and add sugar add pineapple and nuts and blend with cranberry mixture; chill until firm.

Crab, Tuna or Shrimp Salad

2 C. flaked meat or cleaned shrimp — 1/4 t salt
1 C. chopped celery — dash pepper
3 hard cooked eggs — juice 1 lemon

Combine ingredients except lemon juice. Sprinkle with lemon juice and moisten with mayonnaise. Chill and serve on crisp lettuce. For Tuna salad add 4 sweet pickles chopped.

Whipped Strawberry Delight

1 (9 oz) can crushed pineapple
1 (3 oz) pkg strawberry gelatin
1 C. boiling water
1 pkg whipped topping mix
1/2 C. milk
2/3 C chopped nuts

Drain pineapple saving juice; add enough water to juice to make 1 C. liquid.
Dissolve gelatin in boiling water. Stir in juice and water. Chill until thick and syrupy. Whip topping mix with milk until soft peaks form.
Whip gelatin until fluffy. Beat in whipped topping. Add pineapple and nuts. Turn into a lightly oiled 5 C mold. Chill until set.

meat-fish



meat and fish

To keep the juices in meat, sear the outside with intense heat and then reduce the heat to cook the meat through.

Good beef is elastic and firm to the touch, vivid red in color, and has some fat of cream color clinging to it.

Meat should be cleaned by wiping it with cheesecloth which has been wrung out of cold water.

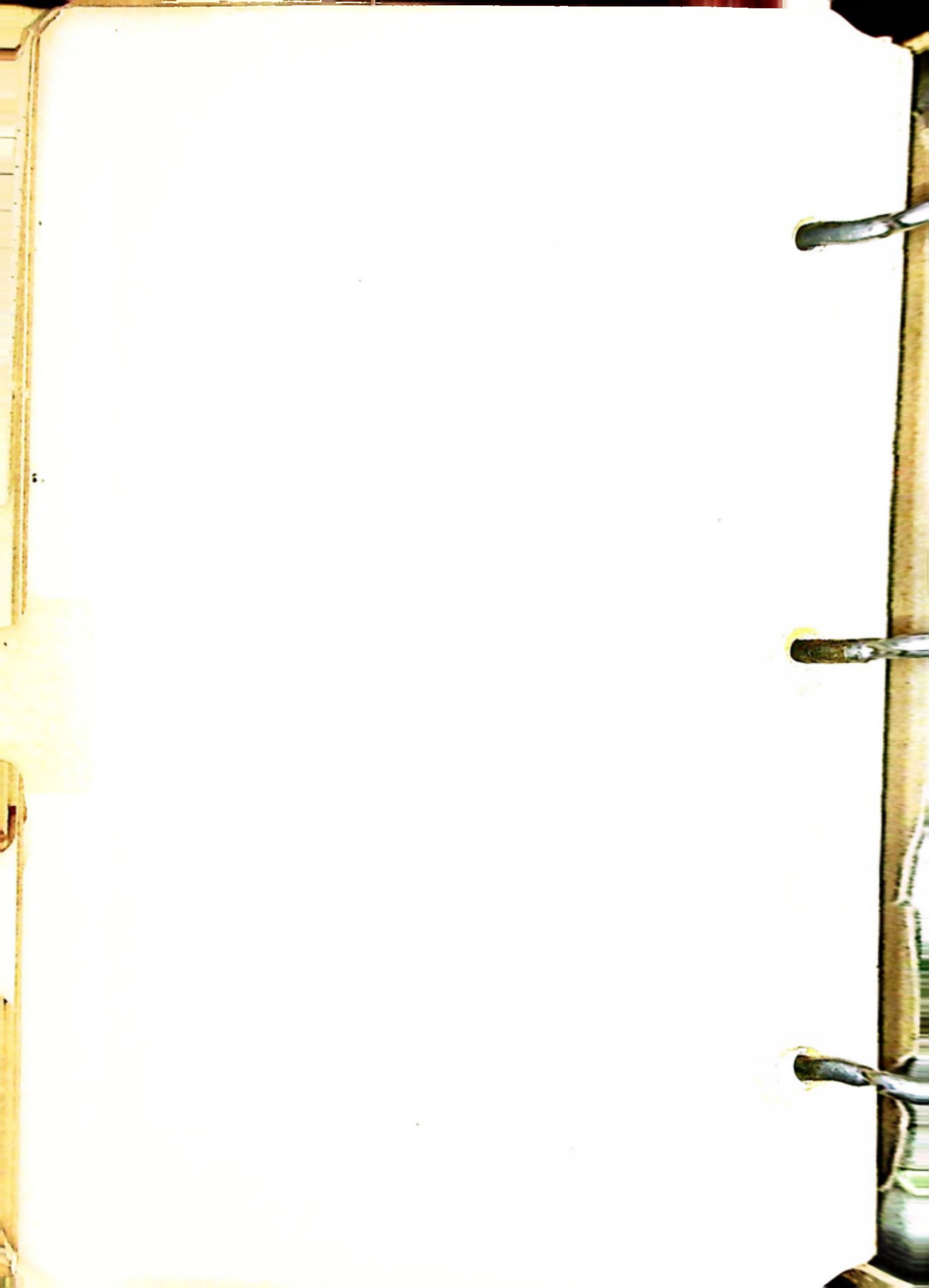
Fish spoils quickly and is at its best immediately after its removal from the water. Frozen fish should not be thawed until the time for cooking.

Fish is best broiled or baked, but may be boiled or fried.

Add lemon juice to dry fish or marinate it in oil, or fry in fat to develop flavor.

Less time is required for cooking fish than meat and it is sufficiently cooked when it can be flaked easily with the point of a knife.





meat

Lasagna American

Cook 8 lasagna noodles. Melt 2 T. butter or margarine; stir in 2 T. flour, 1/4 t salt and a dash pepper. Add 1 1/2 C. chicken broth; cook and stir till thickened. Combine 1 C. light cream and 2 beaten egg yolks; stir in small amount of hot broth mixture; return to saucepan. Cook over low heat till slightly thickened. Cook 1 pound ground beef & 1/2 C. chopped onion till brown; drain off fat. Stir in 1 t. salt, one 6 oz can drained sliced mushrooms, 1 C. of the sauce & a dash of pepper. Simmer 2 to 3 minutes. Combine 1 10 ounce package frozen chopped spinach, 1/4 C chicken broth, 1 T. lemon juice and 1/4 t salt. Cook 5 min. and drain. Spoon half the meat into 11 3/4 x 7 1/2 x 1" baking dish; top with half the sauce, 4 noodles and spinach. Top with remaining noodles, meat & sauce. Cover, bake in 300° oven 35 to 40 min. makes 6 servings

Pizzas

Serves 12
Oven 425°
Bake 20 min

2 pkgs dry yeast
1½ C warm water
8 C Quick Bread Mix
2 15 oz Cans of tomato sauce
4 cloves minced garlic
1 Tbs. dried Oregano (crushed)
Dash salt + pepper
1½ pds of ground beef
cooking oil
1 C Parmesan Cheese (grated)

In large bowl soften yeast in warm water. Add bread mix beat vigorously 2 min. Turn onto floured surface, Knead till smooth (25 strokes) Divide dough into 12 pieces, Cover and let rest 10 min.

Stir tomato sauce, ~~glaze~~ garlic and seasonings in skillet. Cook ground beef till lightly brown drain. Roll dough in circles Place on greased baking sheet crimp edges brush c̄ oil Spread c̄ tomato sauce and sprinkle cooked beef and Parmesan Cheese + Bake 425° 8 min reduce heat + Bake 375 for 12 min.

Curried Chicken

3 to 4 C. cooked rice
1/4 C. Butter
1/2 C. onion (finely chopped)
5 T. flour
1 t. curry Powder
1 t. salt
2 C. milk
1 C. chicken broth
1 stewed hen cut up

Spread cooked rice in casserole; melt butter in skillet and saute onion. Add curry powder; blend in flour and salt and add liquids, stirring slowly until thickened. Add chicken and pour over rice. Top with favorite topping or crumbled potato chips and bake at 350° until top is brown about 30 Min.

Baked Chicken & Eggs

1/2 lb potato chips
6 hard boiled eggs
1 boned cooked chicken
2 cans mushroom soup
2 cans milk

Crush potato chips and sprinkle half of them in bottom of 13 X 9 pan. Slice eggs and sprinkle over potato chips. Add layer of chicken and pour mushroom soup mixed with milk over entire mixture. Put remaining Potato chips on top. Let set a short while upon removing from oven. Then slice and serve. Bake 30 min. 350°

Ground Beef Casserole

Place in greased casserole
1 layer of Macaroni, cooked.
1 layer of tomatoes,
1 " " ground Beef
1 " " creamed corn.
Bake at 350° for 45 min.

Tuna Tetrazinni

1/2 8 oz spaghetti
2 small cans flaked tuna
1/4 t piemento diced
1 small onion chopped

1 Can mushroom soup
1/2 C water
1 3/4 C. sharp cheese

break spaghetti into small pieces and cook in salted water until tender, draine, Put tuna, piemento and chopped onion in a casserole mix water and soup add to tuna mixture add 1 1/4 C cheese, then spaghetti toss lightly until mixed. Sprinkle remaining cheese. Bake in moderate oven 350° 45 min.

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Green Beans Capri

4 large, very lean pork chops
2 T. butter
1 1/2 t. finely crumbled dried rosemary
1/4 t garlic powder
2 T. wine vinegar
1 t granulated sugar
1 small bay leaf
1 C. tomato juice
salt & pepper
1 No 303 can cut green beans
1 1/3 C. sliced mushrooms

Trim fat from pork chops to about 1/8 in. from meat. Brown on both sides in butter. Sprinkle chops evenly with crumbled dried rosemary, then with garlic powder. Add 1/2 C. water, vinegar, granulated sugar, and bay leaf. Bring to simmer, cover, cook 10 min. Add tomato juice, salt and pepper to taste. Cover tightly simmer 30 to 40 min. or till chops are tender, basting occasionally with sauce and adding more tomato juice if needed Remove bay leaf. Drain cut green beans; add beans to sauce. Add mushrooms if desired. Cover, cook till beans are heated.

..e in Minutes

12 - 15

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preserving

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20 - 25



preserving

Always select fresh, firm, and slightly under-ripe fruit for canning. In canning, the principle of sterilization is an important factor.

A deep wire basket is a most convenient piece of equipment in blanching and cold dipping fruits or vegetables.

Make a solution of one quart water and one tablespoon salt and drop peaches or pears into it after removing peel and while waiting to be cooked. This prevents their discoloration.

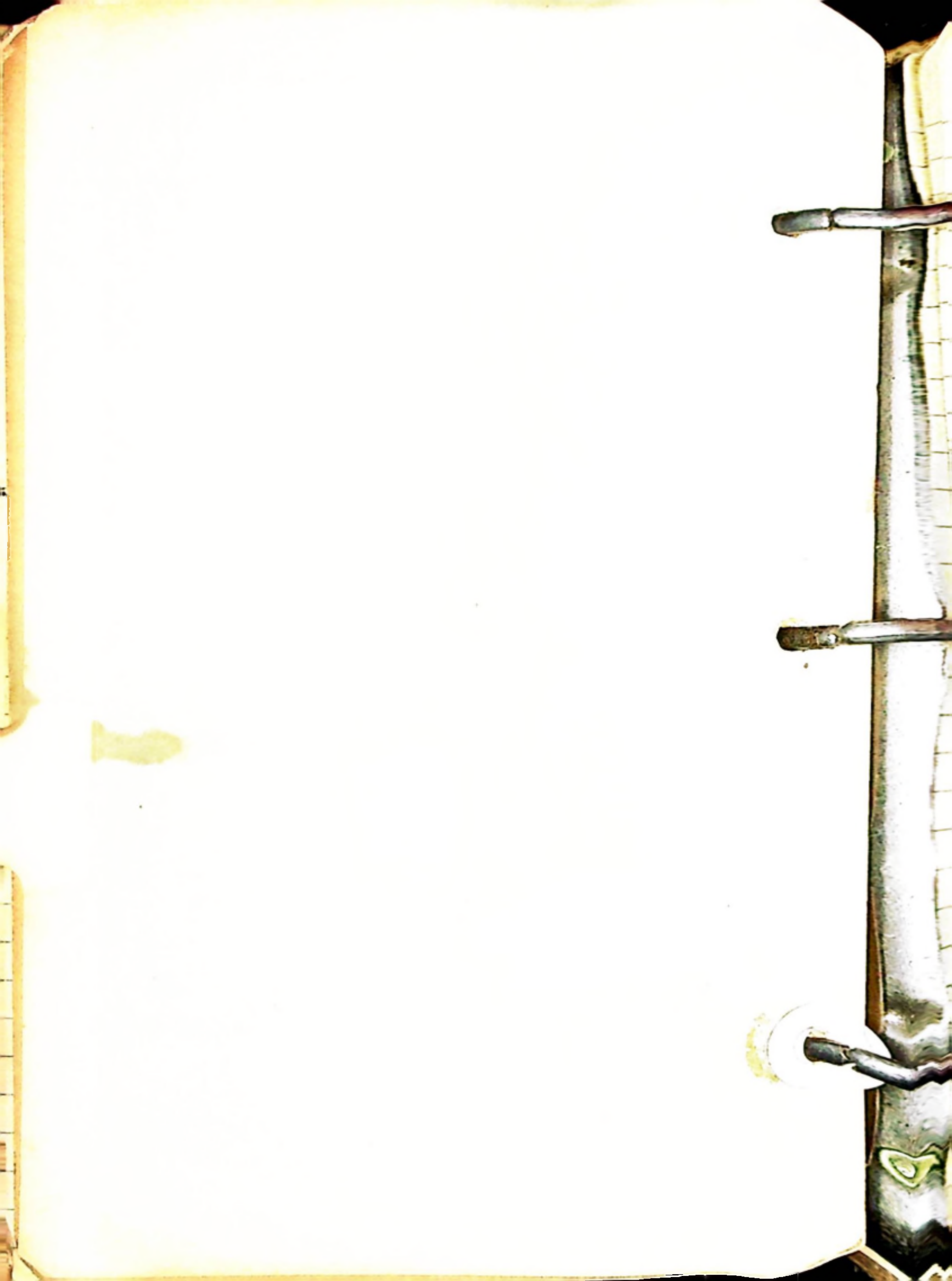
Syrups of three consistencies may be used for canning:

Thin	1 cup sugar	3 cups water
Medium	1 cup sugar	2 cups water
Heavy	1 cup sugar	1 cup water

Oven processing requires a temperature of 275° F.

Glass jars of fruit or vegetables should be inverted while cooling so that the seal may form.





Kraut Relish Stack-ups

1/2 C. Sugar | 1 C. diced celery
1/2 C. Vinegar | 1 C. " green pepper
1 16 oz can sauerkraut | 1/2 C. " onion

1 2 oz jar pimiento drained & chopped (about 1/4 C.)

Heat sugar & vinegar till sugar is dissolved; cool. Combine undrained sauerkraut, celery, green pepper, onion and pimiento; combine with vinegar mixture. Chill. makes 4 C.

For Sandwiches

Spread slices of dark rye bread with a little butter or margarine. Stack slices of ham, salami and natural swiss cheese atop bread. Top with about 1/4 C. drained relish. Close sandwich with another piece of buttered dark rye bread. (Chill remaining relish.)

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Beet Relish

4 pounds beets, cooked & peeled
4 large onions
3 " green peppers   1 T. salt
1 T. whole cloves
1 ½ C. sugar   Grind beets, onions
1 ½ C. vinegar   & green peppers. tie
½ C. water   cloves in cheesecloth
bag. In large saucepan, combine sugar, vinegar, water, salt & bage of cloves. Bring to boiling; reduce heat. Cover & simmer 20 minutes, stirring se[illegible] times. Remove cloves. Pour into hot clean jars leaving ½ inch head-space; adjust lids. Process in boiling water bath for 5 mins. Start timing when water reaches boiling.

Red Pepper Relish

24 red peppers (about 8 C.)   3 C. vinegar
7 med. onions   2 T. salt
3 C sugar   Cut peppers & onions in half lenghtwise; slice thin or grind peppers & onions, reserving juices. In saucepan, combine juices, peppers, onions, sugar, vinegar, & salt. Simmer for 30 min. Pour into hot clean jars. Seal.
makes 10 half pints.

Watermelon Pickles

2 pds. watermelon rind
4 C. sugar
2 C white vinegar
2 C. water
1 lemon, thinly sliced
2 T. cinnamon bark
1 T. whole cloves

Trim dark green and pink parts of rind, Cut rind in 1 inch cubes. Soak overnight in salt water. 1/4 C coarse medium salt to 1 qt water, drain, rinse and cover with cold water. Cook just tender, drain.

Combine sugar, vinegar, water, lemon, and spices tied in a bag. Simmer 10 minutes. Remove spice bag; add watermelon rind. Simmer until clear. Fill hot, sterilized jars to 1/2" from top. Seal. Makes 3 pts.

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25 - 35
10 - 12
20 - 25

Spiced Pears, Peaches, Apples

5 C. brown sugar
2 C. white vinegar
2 cinnamon sticks
2 T. whole cloves
4 qts pears, peaches or crabapples

Cook sugar, vinegar and spices 20 minutes. Drop in fruites a few at a time and cook until tender. Pack in hot sterilized jars, adding syrup to within 1/2" of top. Seal. makes 6 pts.

Dilly Green Tomatoes

select small, firm green tomatoes. Leave stems on. Pack in sterilized quart jars.

To each quart add 1 clove garlic, 1 stalk celery, ~~1t salt took~~ 1 hot pepper (green), and 1 head dill.

Combine 2 qts water, 1 qt cider vinegar, 1 C salt. Cook 5 min. Fill jars to 1/2" from top. Seal.

Lime Pickles

7-10 pds. cucumbers
2 C. air slacked lime
2 gal. cold water.

Slice cucumbers crosswise as for Bread and butter pickles. Mix water and lime and add cucumber slices. Soak 24 hrs. in a covered jar of crock or stone. Stir occassionally. Rinse 3 times in Cold Water. Soak 4 hrs. in cold Water. Drain. Let cucumbers stand overnite in following syrup.

Syrup

8 C. Sugar	1 t celery seed
1 T salt	1 t cloves
2 qts Vinagar	1 t pickle spice

Simmer cucumbers 35 min. in syrup. Pack in clean jars and seal. Store pickles in a cool, dry, dark place.

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Dried Apricot Jam

Prepare 4 C. cooked dried apricots. chop. Add 1/4 C. lemon juice 7 C. sugar and 1/2 pkg fruit pectin. mix well. Place over high heat, bring to full rolling boil, stirring constantly. Boil hard 1 min. remove from heat.

Jelly Sauce

Heat 1/2 C. jelly and add 1/2 C. orange or pineapple juice. Serve on cake squares, baked custard or ice cream.

Red Raspberry Jam

Thaw 4 C. frozen raspberries in 4 or 6 qt. saucepan. Add 2 T. lemon juice and 5 C. sugar. Heat quickly to a full rolling boil, stirring constantly. Boil hard 1 min. Remove from heat and stir in 1/2 pkg fruit pectin. Skim off foam with metal spoon. Stir and skim alternatly for 5 min to prevent floating fruit. Laddle into hot scalded glasses. Seal with melted parafin.

* Fresh Raspberry Jam. Use 2 qts berries and 6 1/2 C. sugar.



Lime Pickles

Slice pickles 1/4 inch thick, and cover with the following. 1 C. lime to 1 gal. water. Soak for 24 hr. then wash 3 or 4 times and soak out for 3 hrs. Drain on a cloth.

Then mix the following

2 qts vinegar — 1 T. celery seed
9 C. sugar — 1 T. cloves (in bag)
1 T. salt

Pour over pickles one night; next day boil pickles in syrup for 35 m. and can.

Green Tomato Relish

4 green peppers — 4 C. vinegar
4 red peppers — 5 C. sugar
8 average size onions — 4 T. mustard seed
5 T. salt — 4 T. celery seed

1 gal. green tomatoes

Grind peppers, onions and tomatoes and mix with salt. Let stand a few minutes before draining off most of juice. Add vinegar, sugar, mustard seed, and celery seed and cook for 15 min. place in steril jars.

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Crystal Clear Grape Jelly

open 3 six oz cans frozen grape juice; thaw. Combine 6½ C. sugar and 2½ C. water in 8 qt. kettle. Place over high heat, bring to full rolling boil, stirring constantly. Boil hard 1 min. Remove from heat. Stir in one pkg fruit pectin. add grape juice and mix well Pour in sealded glasses.

Strawberry or Peach Jam

4 C. sliced strawberries or Peaches* in 6 or 8 qt. kettles. Chop Peaches. add 2 T. lemon juice and 5 C. sugar. mix well. Place over high heat; bring to full rolling boil, stirring constantly. Boil hard 1 min. Remove from heat. Stir in ½ pkg fruit Pectin. Skim off foam with metal spoon; stir and skim for 5 min. Laddle into scalded glasses. Seal with parafin.

* With crushed fresh fruit increase sugar to 7 C.

Crystal Clear Grape Jelly

3 six oz cans frozen grape juice thawed
6 1/2 C. sugar
2 1/2 C water

Place sugar and water in 8 quart kettle place over high heat; bring to full rolling boil, stirring constantly. Boil hard 1 min. Remove from heat. Stir in 1 pkg fruit pectin add grape juice and mix well. pour immediately into scalded glasses. seal with melted paraffin

Piccalilli

1 gal. green tomatoes ground
2 qts chopped cabage
1 pt green and red mango peppers
1 pt chopped celery, ½ C. salt

Mix and place in muslin bag and let drain overnite. In the morning place ingredients in large kettle and add. 2 qts Vinegar, 1 T. celery seed 1 T. whole cloves, 1 T. mustard seed 6 C. sugar. Cook well and seal in hot sterlized jars.

Pear Honey

8 C. pears
1 lemon
5 C. sugar
1 t ginger
1/2 C. water

Wash, core and chop fine the pears scrub and slice thinly the lemon. Then combine the lemon, sugar, and ginger in sauce pan with the water. Bring to boil. Add chopped pears and simmer slowly until thick. Pour into hot sterilized jars, seal and store.

Peach Conserve

24 peaches (cut fine)
4 oranges
sugar
1 small jar maraschino cherries

Measure the peaches into a kettle. Add as many cups of sugar as you have peaches. Add juice of the oranges and the grated rind of one orange. Let stand for 1 to 3 hours. Cook to a rolling boil for 40 min. Add cut up cherries and Cook 20 min. longer. Put in jars and seal.

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2 - 15
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Blue Plum
Marmalade

4 lb plums
1 Can red Rasberries
Cup for Cup of sugar
1 pkg Pen jell

Grind plums and add other ingedents
cook until thick.

Green Bean Salad

2 Cans (No 303) French style green Beans
1 " (" ") peas (small size)
2 C. diced celery
2 small onions diced
1 green pepper "
salt & pepper to tast.

2/3 to 1 C. Vinegar
1 C. sugar
1/2 C. salad oil
1/2 t paprika

combine with vegatables and let stand over nite.

5 Cup Salad

1 C. Commercial Sour Cream
1 C. mandorin Oranges
1 C. Coconut
1 C. marshmell
1 C. well drained pineapple bits

mix well and let stand at least 6 hours

Variations; 1 C. halved Green grapes
1 C Bananas, or
add marachino cherries for pink Salad

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25 - 35
10 - 12
20 - 25

Taco Salad

Ground beef dressing

1 pd. ground beef
1/2 envelope or 1/4 C. dry onion soup mix
3/4 C. Water

Brown beef. Sprinkle onion soup mix over meat. Stir in water. Simmer uncovered 10 min.

In a salad bowl combine 1 medium head of iceberg lettuce torn in bite-size pieces (4 Cups).
1 large tomato cut in wedges,
1/4 C. chopped green pepper
1/2 C. sliced ripe olives
4 oz. pkg. of shredded sharp natural cheddar cheese (1 C.)
Toss well.

Place lettuce mixture on individual salad plates. spoon on meat and top with corn chips makes 4 to 6 servings.

Mayonaise

3/4 C. Vinegar	1/4 t. Pepper and salt
1/4 C. water	2 t mustard
1/3 C. sugar	

Bring to boil.

then add

1 Egg	3 T. Butter
1 t. flour	1/3 C. milk

Sweet Sour Dressing

3/4 C sugar
1 tsp salt
1/2 tsp pepper
1/3 C. Salad oil
1/3 C Vinegar

mix together.
Keeps 6 months

Mint Mist

1 (20 oz) can crushed pineapple
1 pkg unflavored gelatin
1 C. heavy cream, whipped
1/3 C mint flavored apple jelly

Drain pineapple reserving juice; soften gelatin in 1/2 C pineapple juice. Place over low heat, stirring constantly until gelatin dissolves. Remove from heat; add jelly; stir until melted. Add pineapple and remainder of juice. Chill until thick and syrupy. Fold cream into gelatin mixture turn into a 4 C lightly oiled mold. Chill until set.

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Double for company

Russian Cream Mold

1 (3 oz.) pkg lemon gelatin
1 C. boiling water
1 C. sour cream
1 (1 lb) can sliced peaches, drained and diced
1/3 C. flaked coconut
1 C sliced strawberrys

Dissolve gelatin in boiling water. Chill until thick and syrupy. Add sour cream; beat until blended. Folde in peaches, coconut and strawberries. Turn into lightly oiled 4 C. mold. Chill until set.

vegetables

Vegetables are important in the normal diet due to their vitamin, carbohydrate, and mineral salts values. Do not waste any of a vegetable food value by careless preparation and cooking.

A great deal of food value is lost by starting vegetables to cook in cold water and by cutting them into small pieces before cooking.

When food is put into boiling water the outside is seared by the heat, and the juices, flavor, and goodness are thus retained.

Do not add water to spinach for cooking. Cover tightly and allow to cook in its own water.

Strong vegetables as cabbage should be cooked uncovered and then there will be less odor.

Steaming and baking are excellent methods of cooking vegetables.

...me in Minutes
12 - 15
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20 - 25
40 - 45
20 - 25
25 - 35
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soups

vegetables

LYNDA'S I

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2 teaspoo
1 teaspoo
2 cups wh

Prepare
place in larg
pickling salt

Green Vegetable Dish

1 Can french cut green Beans; 1 pkg each frozen Lima beans and frozen peas. Cook vegetables and drain. Combine 2 hard boiled eggs; 1 C. miracle whip; 2 T. lemon juice; 2 T. chopped or instant onion; 1 t. mustard 1 t Worchestershire sauce; 1/4 t garlic salt. Combine with vegetables, mix, and heat. Do not Cook.

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SOUPS

Stuffed Green Peppers

6 large green Peppers
1 1/2 T. Butter
3/4 C. canned milk
3/4 t salt
3 C. cooked Rice
1 1/2 C. American Cheese, gr
10 1/2 oz Can Condensed tomato soup

Cut off stem ends of Peppers and cut stems into 1/4 C. of small pieces. Cook pepper stems in 1 1/2 T. butter for 5 minutes. Add milk, salt, rice and Cheese. Cook over boiling water until cheese melts. Fill prepared Peppers with this mixture, sprink tops with equal portions of cheese. Put in baking pan and pour tomato soup and about 6 T. water around them. Bake 30 min. in 350° oven

Vegetable Melange

3/4 C. grated American Cheese
1 C. medium white sauce
1 1/2 C. sliced carrots
1 C. tiny white onions
1 1/2 C. cooked spinach

Add cheese to white sauce; stir till melted. Cook carrots and onions together until almost tender; drain.

Alternate layers of vegetables, sauce in greased 1 1/2 qt casserole. Bake in moderate oven (375°) 20 min.

Creole Green Beans

1 T. chopped onion — 1/2 t. salt
2 T. salad oil — 1 no 2 can (2 1/2 C)
1/3 C. chilli sauce — green beans

Cook onion in salad oil until soft; add chilli sauce, salt, and drained beans. Cook only until thoroughly heated, stirring often.

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SOUPS

Home-Baked Beans

2 C. navy Beans — 1/2 t dry mustard
1/4 pd fat salt pork — 2 T. molasses
1 1/2 t salt — 1 small onion
1/4 C. granulated or Brown sugar

Wash beans; cover with water and soak overnight. Cook slowly until skins burst or until just tender. Drain, reserving liquid.

Place half the beans in bean pot or 2-qt casserole. Bury part of pork in beans. Combine remaining ingredients; add half to beans. Add remaining beans seasonings. Place remaining pork over top. Cover with bean liquid. Cover; bake in slow oven (250° to 300°) 6 to 8 hrs. If necessary, add more liquid.

soups

Soups may be very nutritious, especially those made of dried beans and peas and those which have milk in them.

Soups which contain vegetable puree, that is vegetable forced through a sieve, separate on standing; the thick part settling to the bottom, unless they are slightly thickened with flour.

Soups should be well seasoned with a little of various seasonings.

In making soup stocks, cut meat in small pieces, put on to cook in cold water, and cook slowly for several hours.

Soups made from clear meat broth or stock are known as bouillons and consommes.

Consomme is made from two or three kinds of meat, is highly seasoned, cleared, and strained.

Bouillon is made from lean beef and is delicately seasoned.

The water in which vegetables have been cooked, and left over cooked vegetables, can be used in making soups.



ime in Minutes

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soups



High-altitude Changes

If you happen to live in a high altitude region (3,000 feet above sea level and up), you may find that many cakes tend to fall and give unpredictable results. But here is a general guide you may follow to make adjustments in the baking powder, liquid, and sugar proportions.

	3,000	5,000	7,000
Liquid - add for each cup			
~~to each~~	1-2 T.	2-3 T	3-4 T
~~Baking Powder~~ Baking Powder Decrease for each teaspoon			
~~for each teaspoon~~	1/8 t	1/8 - 1/4 t	1/4 - 1/2 t
Sugar: decrease for each cup			
	no change	usually no change	1-2 T.

There are not hard and fast rules. Since each recipe is different in its proportionment of ingredients and richness, you may have to experiment a few times with each recipe to discover the best proportions.

Time in Minutes

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30 - 40
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12 - 40

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20 - 30 per lb.
20 - 25 per lb.
15 - 20 per lb.

12 - 15
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OVEN  CHART

	Temperature	Time in Minutes
BISCUITS, baking powder	425	12 - 15
BREADS		
White (yeast) bread	350 - 400	45 - 60
Whole wheat bread	400	30 - 40
Rye bread	375	30 - 40
Corn bread	425	20 - 25
CAKES		
Angel food cake	350	40 - 45
Cup cakes	375	20 - 25
Layer cake	350 - 375	25 - 35
Loaf cake	300 - 350	50 - 80
Sponge cake	350 - 375	12 - 40
COOKIES		
Drop cookies	375	8 - 12
Ginger cookies	375	10 - 12
Rolled cookies	375 - 400	6 - 12
CUSTARDS		
Individual	325	40
Large	325	75
Custard pie	425	30 - 35
MUFFINS	425	15 - 20
PASTRIES		
Pastry shell	450	10 - 12
Double crust pies:		
cooked filling	400 - 450	30 - 45
uncooked filling	400	40 - 60
CASSEROLES (uncooked foods)	350	60 - 120
FISH (baked)		
Fillets	400	20
Steaks	400	30
Whole fish	400	10 per lb.
ROASTS		
Beef, rib - rare,	325	20 - 25 per lb.
medium	325	25 - 30 per lb.
well done	325	30 - 35 per lb.
Ham	325	25 - 30 per lb.
Lamb, leg	300	30 - 35 per lb.
Pork, loin	350	30 - 40 per lb.
Veal	325	30 - 35 per lb.
Chicken	300	30 - 45 per lb.
Duck	325	20 - 30 per lb.
Turkey, 8 - 12 lb.	300	20 - 25 per lb.
12 - 20 lb.	300	15 - 20 per lb.
BROILING		
Steak, 1 in. thick, 3 in. from heat	500	12 - 15
2 in. thick, 4 in. from heat	500	25 - 35
Lamb chop ¾ in.	500	10 - 12
Ham slice 1 in.	450	20 - 25

MY RECIPES











RECIPES







MY RECIPES